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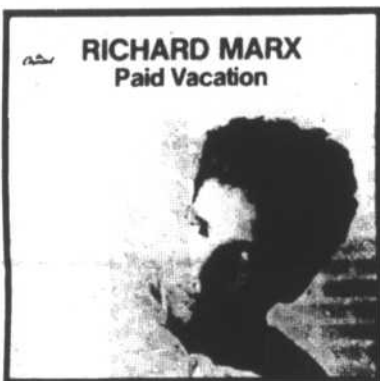
Dances with swords

Tamara Misner, a junior biology major, and friend Bryan Peterson took advantage of unseasonably warm temperatures Thursday morning to practice using Tai Chi swords west of the Coliseum. A student of the art for a year, Peterson said the exercise created a kind of "moving meditation."

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Jolly: Religious rights need to be protected

Society impedes practice of belief, according to book

By Heather Lampe
Staff Reporter

A large number of people in this world deny their religion because of political institutions, Eric Jolly said in a "Theology for Lunch" discussion Thursday.

Jolly, director of the Affirmative Action and Diversity Office at the University of Nebraska-Lincoln, led a program and discussion of the new, controversial book, "The Culture of Disbelief," written by Yale law professor Stephen Carter.

Jolly, who grew up in both the American Indian and Christian worlds of spiritual belief, said Carter's view of religion in today's culture was that the faithful were forced to be silent.

"The status we are in today is one of silence that Carter blames on liberal political theory," Jolly said.

Jolly said it was a mistake to believe that the struggle for religious freedom was a struggle against only

liberals. The struggle is also against conservatives, he said.

"Stephen Carter has put forth a clear example of how government and society interfere with the way people practice their religion," Jolly said.

Jolly said he agreed with Carter but presented statistics that showed people still practiced religion.

He said 91 percent of women and 55 percent of men prayed, and 15 percent said they regularly received a definite answer to their prayers.

Jolly said social influence could push people away or draw them toward religion. Ten percent of all people who don't believe in a god still pray.

And, Jolly said, people can't stop others from praying in schools or in graduation ceremonies. God accepts silent prayers, he said.

"I am not here to debate school prayer; I am here to say that faith is an individual strength."

For government and society to stop intruding on religion, Jolly said all people would have to abide by social contracts.

"The institutions we build together are ours. The religion is mine," he said.

Students exercise right

By Jennifer Groen
Staff Reporter

Finding the time to exercise can be difficult, but some UNL students believe it's important to make time for exercise in their schedules.

Ann Reeder, a junior exercise science major, and Bill Hayes, a senior pre-medicine major, get motivated to work out by agreeing that exercising is important to their self-esteem.

"Exercise gives me positive feelings about myself," Hayes said.

Another positive aspect to exercising on campus is the chance to meet new people.

"One of the best things is being around other people that have positive and healthy attitudes," Reeder said.

Hayes said working out was probably his primary social life.

Reeder and Hayes' reasons for exercising differ, though.

Reeder said she exercised because she wanted to do triathlons this summer. Ultimately, she keeps fit because she wants to live a longer, healthier life.

Hayes said he wanted to gain 10 pounds of lean muscle mass, lose 5 percent of his body fat and then maintain his health and physique for the rest of his life.

Reeder and Hayes said they did their exercise programs at the Campus Recreation Center. Reeder lifts weights, rides bikes, swims and runs, while Hayes rides the Lifecycle and does heavy weight training.

Reeder and Hayes said it was easy to maintain their training without idleness.

"Once you get into a routine, it's

self-motivating," Hayes said.

"I never have trouble getting up in the morning. I always look forward to it," Reeder said.

Tonya Schoenfelder, assistant coordinator for wellness services at the Campus Recreation Center, said she thought the center had been successful because it provided a comfortable environment for people of all fitness levels.

Schoenfelder said she believed the rec center had been busier than usual because spring break was approaching.

"I don't think that's bad, though. We all have different things that motivate us. Whether it is a back injury, an upcoming wedding or spring break, it's an individual approach."

"As long as it's a healthy motivator, it's a good thing," she said.

Many students exercise with a partner or a group.

Reggie Bradshaw, a freshman psychology major, and Donny Sorenson, a senior criminal justice major, work out together.

"It's easier to work out with someone else because I can't always get the ambition. I always find excuses," Sorenson said.

The two lift weights, ride the exercise bikes and do push-ups and sit-ups. Bradshaw and Sorenson said they felt better about themselves after they exercised.

Exercising also allows them to relieve stress, they said.

"When I'm done, I'm more focused on what I have to do," Bradshaw said.